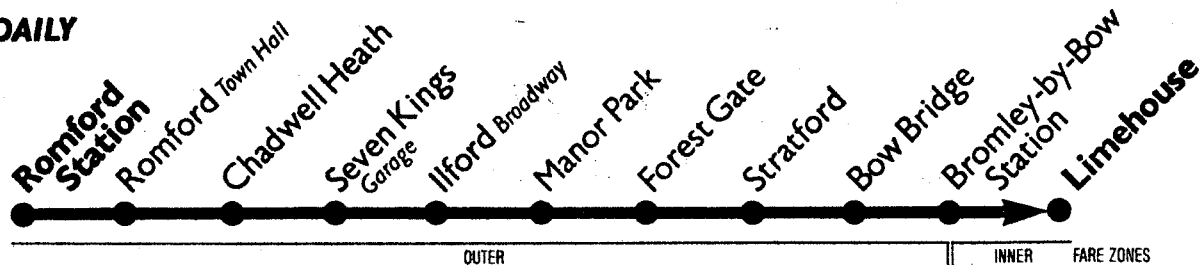


86

DAILY

NEW  
ZONES

## Mondays to Fridays

★ Between Romford Station and Bow buses run every 7-10 minutes.

Romford Station	★	0557	0627	0641	0653	0705	0713
Romford Market	★	0559	0629	0643	0655	0707	0715
Chadwell Heath Coopers Arms	★	0609	0639	0653	0705	0717	0725
Seven Kings Garage	★	0523	0538	0553	0604	0608	0615
Ilford Broadway	★	0531	0546	0601	0614B	0616	0623
Manor Park Broadway	★	0537	0552	0607	0622	0629	0637
Forest Gate Green Street	★	0540	0555	0610	0625	0632	0640
Stratford Broadway	★	0546	0601	0616	0631	0638	0646
Bromley-by-Bow Station	★	0554	0609	0624	0639	0646§	0654
Limehouse Londoner	★	0601	0616	0631	0646	0701	0716
Romford Station	★	0726	0738	0753	0808	0823	0838
Romford Market	★	0728	0741	0756	0811	0826	0841
Chadwell Heath Coopers Arms	★	0739	0754	0809	0824	0839	0854
Seven Kings Garage	★	0745	0800	0815	0830	0845	0900
Ilford Broadway	★	0755	0810	0825	0840	0855	0910
Manor Park Broadway	★	0801	0816	0831	0846	0901	0916
Forest Gate Green Street	★	0805	0820	0835	0850	0905	0920
Stratford Broadway	★	0816	0831	0846	0901	0916	0931
Bromley-by-Bow Station	★	0824	0839	0854	0909	0929	0939
Limehouse Londoner	★	0832	0847	0902	0917	0932	0947
Romford Station	★	1651	1705	1720	1735	1748	1810
Romford Market	★	1654	1708	1723	1738	1751	1813
Chadwell Heath Coopers Arms	★	1705	1719	1734	1749	1802	1824
Seven Kings Garage	★	1711	1725	1740	1755	1808	1830
Ilford Broadway	★	1720	1734	1749	1804	1817	1838
Manor Park Broadway	★	1726	1740	1755	1810	1823	1844
Forest Gate Green Street	★	1729	1743	1758	1813	1826	1847
Stratford Broadway	★	1736	1750	1805	1820	1833	1853
Bromley-by-Bow Station	★	1744	1758	1813	1828	1841	1901
Limehouse Londoner	★	1751	1805	1820	1835	1848	1908
Romford Station	★	2346	2358	0015			
Romford Market	★	2348	2400	0017			
Chadwell Heath Coopers Arms	★	2358	0004†	0010	0027		
Seven Kings Garage	★	0004	0010	0016	0033		

## Saturdays

★ Between Romford Station and Stratford buses run every 5 minutes (10 before 0930 and evenings).

Romford Station	★	0602	0622	0642	0702	0722	0732	0752	0812	0822	0832	0850
Romford Market	★	0604	0624	0644	0704	0724	0734	0754	0814	0824	0834	0853
Chadwell Heath Coopers Arms	★	0614	0634	0654	0714	0734	0744	0804	0824	0834	0844	0903
Seven Kings Garage	★	0620	0640	0650	0700	0720	0730	0740	0750	0810	0830	0840
Ilford Broadway	★	0628	0648	0658	0708	0728	0738	0748	0758	0818	0838	0848
Manor Park Broadway	★	U	U	U	U	U	U	U	U	U	U	U
Forest Gate Green Street	★	0541	0606	0629	0637	0647	0657	0707	0717	0727	0737	0747
Stratford Broadway	★	0547	0612	0635	0646†	0653	0706†	0713	0726†	0733	0746†	0753
Bromley-by-Bow Station	★	0555	0620	0643	0701	0721	0741	0801	0821	0841	0901	0911
Limehouse Londoner	★	0602	0627	0650	0708	0728	0748	0808	0828	0848	0908	0918
Romford Station	★	0906	1721	1731	1751	1812	2232	2242	2252	2302	2312	2322
Romford Market	★	0909	1724	1734	1754	1814	2234	2244	2254	2304	2314	2324
Chadwell Heath Coopers Arms	★	0920	1735	1745	1805	1824	2244	2254	2304	2314	2324	2334
Seven Kings Garage	★	0926	1741	1751	1811	1830	2250	2300	2310	2320	2330	2340
Ilford Broadway	★	0935	1750	1800	1819	1838	2258	2308	2318	2328	2338	2348
Manor Park Broadway	★	0941	1756	1806	1825	1844	2304	2314	2324	2334	2344	2354
Forest Gate Green Street	★	0944	1759	1809	1828	1847	2307	2317	2327	2337	2347	2357
Stratford Broadway	★	0951	1806	1815	1834	1853	2313	2326†	2336†	2346†	G	G
Bromley-by-Bow Station	★	0959	1814	1823	1842	1901	2321	2331	2341	2351	G	G
Limehouse Londoner	★	1006	1821	1830	1849	1908	2328	2338	2348	2358	G	G

## Sundays (and National Public Holidays)

Romford Station	★	0703	0725	0747	0807	0827	0847	0907	0923	2238	2251	2304	2318
Romford Market	★	0705	0727	0749	0809	0829	0849	0909	0925	2240	2253	2306	2320
Chadwell Heath Coopers Arms	★	0715	0737	0759	0819	0839	0859	0919	0935	2250	2303	2316	2330
Seven Kings Garage	★	0619	0633	0647	0701	0721	0743	0805	0825	0845	0905	0925	0941
Ilford Broadway	★	0626	0640	0654	0708	0728	0750	0812	0832	0852	0912	0932	0948
Manor Park Broadway	★	0631	0645	0659	0713	0733	0755	0817	0837	0857	0917	0937	0953
Forest Gate Green Street	★	0634	0648	0702	0716	0736	0758	0820	0840	0900	0920	0940	0957
Stratford Broadway	★	0640	0654	0708	0722	0742	0804	0826	0846	0906	0926	0946	1002
Bromley-by-Bow Station	★	0647§	0701§	0715§	0729	0749	0811	0833	0853	0913	0933	0953	1009
Limehouse Londoner	★	0702	0722	0742	0802	0822	0842	0902	0922	0942	1002	1016	
Romford Station	★	2335	2352	0002	0026								
Romford Market	★	2337	2354	0004	0028								
Chadwell Heath Coopers Arms	★	2347	2356†	0004	0014	0038							
Seven Kings Garage	★	2353	0002	0010	0020	0044							
Ilford Broadway	★	0002B											

G—Garage journey to Upton Park Boleyn. B—Time at Ilford Station Ley Street.  
 T—Time at Stratford Bus Station.  
 †—Time at Chadwell Heath Wangey Road.  
 §—Time at Bow Church. U—Garage journey from Upton Park Redcliffe Road.

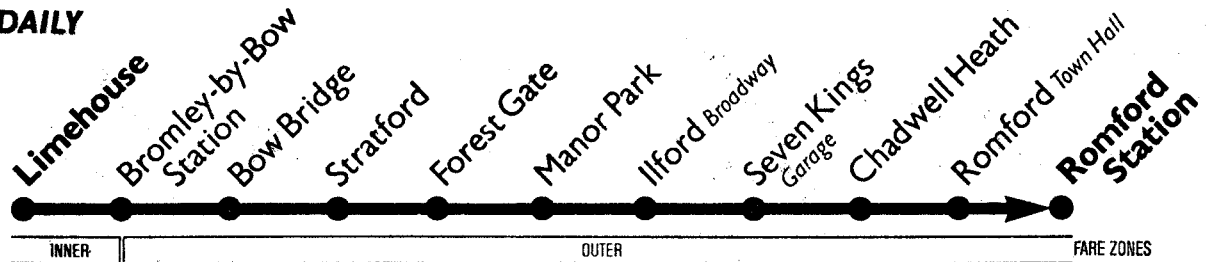
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London Transport, 55 Broadway, S.W.1  
 Telephone: 01-222 1234

(F4.10.81)

981/0004101/950(105)

A. G. Bishop &amp; Sons Ltd.



**Mondays to Fridays**

★ Between Bow and Romford Station buses run every 7-10 minutes.

Limehouse Londoner	.....	.....	.....	.....	.....	.....	.....	0609	.....	0621	.....	0636	0651		0851	0906	0921	0936	
Bromley-by Bow Station	★	.....	.....	.....	.....	.....	.....	0618	.....	0630	.....	0645	0700		0900	0915	0930	0945	
Stratford Bus Station	★	.....	.....	.....	.....	.....	.....	0627	.....	0639	.....	0654	0709	Then every 15 minutes until	0909	0924	0939	0954	
Forest Gate Green Street	★	.....	.....	.....	.....	.....	.....	0634	.....	0646	.....	0701	0716		0916	0931	0947	1002	
Manor Park Broadway	★	.....	.....	.....	.....	.....	.....	0637	.....	0649	.....	0704	0719		0919	0935	0951	1006	
Ilford Broadway	★	.....	.....	.....	0619A	.....	0634A	0643	.....	0655	.....	0710	0725		0925	0941	0957	1012	
Seven Kings Garage	★	0525	0555	0612	0625	0633	0640	0650	0657	0702	0710	0717	0732		0932	0948	1004	1019	
Chadwell Heath Coopers Arms	★	0531	0601	0618	0631	0639	0646	0656	0703	0708	0716	0723	0738	0938	0954	1010	1025		
Romford Market	★	0542	0612	0629	0642	0650	0657	0701	0714	0719	0727	0734	0749	0949	1005	1021	1036		
Romford Station	★	0544	0614	0631	0644	0652	0659	0709	0716	0721	0729	0736	0752	0952	1008	1024	1039		
Limehouse Londoner	.....	0952	1004	1009	1023	1039	.....	1539	1555	1610	1625	1640	1655	1710	1725	1740	1755	1809	1824
Bromley-by-Bow Station	★	1001	1013	1018	1032	1048	.....	1548	1604	1619	1634	1649	1704	1719	1734	1749	1804	1818	1833
Stratford Bus Station	★	1010	1022	1027	1041	1057	.....	1557	1613	1628	1645	1701	1716	1731	1746	1801	1816	1830	1845
Forest Gate Green Street	★	1018	1030	1035	1049	1105	Then every 15 mins. until	1605	1621	1636	1654	1710	1725	1740	1755	1810	1825	1837	1852
Manor Park Broadway	★	1022	1034	1039	1053	1109		1609	1625	1640	1658	1714	1729	1744	1759	1814	1829	1840	1855
Ilford Broadway	★	1028	1040	1045	1059	1115		1615	1631	1649	1707	1723	1738	1753	1808	1823	1838	1846	1901
Seven Kings Garage	★	1035	1047	1052	1106	1122		1622	1639	1657	1715	1731	1746	1801	1816	1831	1845	1853	1908
Chadwell Heath Coopers Arms	★	1041	1053	1058	1112	1128		1628	1645	1703	1721	1737	1752	1807	1822	1837	1851	1859	-----
Romford Market	★	1052	1104	1109	1123	1139	.....	1639	1656	1714	1732	1748	1803	1818	1833	1848	1902	1910	.....
Romford Station	★	1055	1107	1112	1126	1142	.....	1642	1659	1717	1735	1751	1806	1821	1836	1850	1904	1912	.....
Limehouse Londoner	.....	1838	1852	.....	.....	2112	2133	2154	2214	2234	.....	2254	.....	2314	.....	.....	.....	.....	2334
Bromley-by-Bow Station	★	1847	1901	.....	.....	2121	2142	2203	2223	2243	2254§	2303	.....	2314§	2323	.....	.....	.....	2343
Stratford Bus Station	★	1856	1910	.....	.....	2130	2151	2212	2232	2252	2302	2312	.....	2322	2332	2338	2345	.....	2352
Forest Gate Green Street	★	1903	1917	Then every 20 minutes until	.....	2137	2158	2219	2239	2259	2309	2319	.....	2329	2339	2345	2352	.....	2359
Manor Park Broadway	★	1906	1920		2140	2201	2222	2242	2302	2312	2322	.....	2332	2342	2348	2355	.....	.....	0002
Ilford Broadway	★	1912	1926		2146	2207	2228	2248	2308	2318	2328	2335A	2338	2348	2354	0001	0006A	0008	.....
Seven Kings Garage	★	1919	1933		2153	2214	2235	2255	2315	2325	2335	2341	2345	2355	0001	0008	0012	.....	0015
Chadwell Heath Coopers Arms	★	-----	1939		2159	2220	2241	2301	2321	2331	2342†	-----	2351	0002†	-----	-----	-----	-----	-----
Romford Market	★	.....	1950	.....	.....	2210	2231	2252	2312	2332	2342	-----	.....	0002	-----	.....	.....	.....	-----
Romford Station	★	.....	1952	.....	.....	2212	2233	2254	2314	2334	2344	.....	.....	0004	-----	.....	.....	.....	-----

## Saturdays

★ Between Stratford and Romford Station buses run every 5 minutes (10 before 0930 and evenings).

<b>Limehouse Londoner</b> .....	.....	.....	.....	.....	.....	0613	.....	0633	0653	0713	0733	0753	0813	0833	0853	0913	.....	1713
<b>Bromley-by-Bow Station</b> ⊕ .....	.....	.....	.....	.....	.....	0622	.....	0642	0702	0722	0742	0802	0822	0842	0902	0922	.....	1722
<b>Stratford Bus Station</b> .....	★	.....	.....	.....	G	0630	.....	0650	0710	0730	0750	0810	0830	0850	0910	0930	.....	1730
<b>Forest Gate Green Street</b> .....	★	.....	.....	.....	0620	0637	.....	0657	0717	0737	0757	0817	0837	0857	0918	0938	Then	1738
<b>Manor Park Broadway</b> .....	★	.....	.....	.....	0623	0640	.....	0700	0720	0740	0800	0820	0840	0900	0921	0941	every	1741
<b>Ilford Broadway</b> .....	★	.....	.....	.....	0629	0646	.....	0706	0726	0746	0806	0826	0846	0906	0927	0947	15	1747
<b>Seven Kings Garage</b> .....	★	0536	0556	0616	0636	0653	0703	0713	0733	0753	0813	0833	0853	0914	0935	0955	minutes	1755
<b>Chadwell Heath Coopers Arms</b> .....	★	0542	0602	0622	0642	0659	0709	0719	0739	0759	0819	0839	0859	0920	0941	1001	until	1801
<b>Romford Market</b> .....	★	0553	0613	0633	0653	0710	0720	0730	0750	0810	0830	0850	0911	0932	0953	1013	.....	1813
<b>Romford Station</b> ⊕ .....	★	0555	0615	0635	0655	0712	0722	0732	0752	0812	0832	0852	0915	0936	0957	1017	.....	1817
<b>Limehouse Londoner</b> .....	.....	1728	1743	1758	1813	1827	1833	.....	.....	2233	.....	2253	.....	2313	.....	2333	.....	.....
<b>Bromley-by-Bow Station</b> ⊕ .....	.....	1737	1752	1807	1822	1836	1842	.....	.....	2242	.....	2302	.....	2322	.....	2342	.....	.....
<b>Stratford Bus Station</b> .....	★	1745	1800	1815	1830	1844	1820	.....	.....	2250	2300	2310	2320	2330	2335	2340	2350	2352
<b>Forest Gate Green Street</b> .....	★	1753	1807	1822	1837	1851	1857	.....	.....	2257	2307	2317	2327	2337	2342	2347	2357	2359
<b>Manor Park Broadway</b> .....	★	1756	U	U	1840	U	1900	.....	.....	2300	2310	2320	2330	2340	2345	2350	2400	0002
<b>Ilford Broadway</b> .....	★	1802	—	—	1846	—	1906	.....	.....	2306	2316	2326	2336	2346	2351	2356	0006	0008
<b>Seven Kings Garage</b> .....	★	1810	.....	.....	1853	.....	1913	.....	.....	2313	2323	2333	2343	2353	2358	0003	0013	0015
<b>Chadwell Heath Coopers Arms</b> .....	★	1816	.....	.....	1859	.....	1919	.....	.....	2319	2329	—	2349	—	—	0009	—	—
<b>Romford Market</b> .....	★	1827	.....	.....	1910	.....	1930	.....	.....	2330	2340	.....	2400	.....	.....	0020	.....	.....
<b>Romford Station</b> ⊕ .....	★	1829	.....	.....	1912	.....	1932	.....	.....	2332	2342	.....	0002	.....	.....	0022	.....	.....

**Sundays (and National Public Holidays)**

<b>Limehouse Londoner</b> .....	.....	.....	.....	.....	0742	.....	0803	0823	0843	0903	.....	0923	0943	1003	.....	1023	1038	
Bromley-by-Bow Station⊕ .....	.....	.....	.....	0651	\$ 0711	\$ 0731	\$ 0750	.....	0811	0831	0851	0911	.....	0931	0951	1011	1031	1046
Stratford Bus Station .....	.....	.....	.....	0658	0718	0738	0758	.....	0819	0839	0859	0919	.....	0939	0959	1019	1039	1054
Forest Gate Green Street .....	.....	.....	.....	0705	0725	0745	0805	.....	0826	0846	0906	0926	.....	0946	1006	1026	1046	1101
Manor Park Broadway .....	.....	.....	.....	0708	0728	0748	0808	.....	0829	0849	0909	0929	.....	0949	1009	1029	1049	1104
Ilford Broadway .....	.....	.....	.....	0713	0733	0753	0813	.....	0834	0854	0914	0934	.....	0954	1014	1034	1054	1109
Seven Kings Garage .....	0628	0654	0720	0740	0800	0820	0831	0841	0901	0921	0941	0951	1001	1021	1041	1051	1101	1116
Chadwell Heath Coopers Arms .....	0634	0700	0726	0746	0806	0826	0837	0847	0907	0927	0947	0957	1007	1027	1047	1057	1107	1122
Romford Market .....	0645	0711	0737	0757	0817	0837	0848	0858	0918	0938	0958	1008	1018	1038	1058	1108	1118	1133
<b>Romford Station</b> ⚡ .....	0647	0713	0739	0759	0819	0839	0850	0900	0920	0940	1000	1010	1020	1040	1100	1110	1120	1135
<b>Limehouse Londoner</b> .....	1053	.....	2253	2308	2321	.....	.....	2337	.....	.....								
Bromley-by-Bow Station⊕ .....	1101	.....	2301	2316	2329	.....	.....	2345	.....	.....								
Stratford Bus Station .....	1109	.....	2309	2324	2337	2344	.....	2353	2359	0007								
Forest Gate Green Street .....	1116	Then	2316	2331	2344	2351	.....	2400	0006	0014								
Manor Park Broadway .....	1119	every	2319	2334	2347	2354	.....	0003	0009	0017								
Ilford Broadway .....	1124	15	2324	2339	2352	2359	0007A	0008	0014	0022								
Seven Kings Garage .....	1131	mins.	2331	2346	2359	0006	0013	0015	0021	0029								
Chadwell Heath Coopers Arms .....	1137	until	2337	2353	↑ 0005	.....	.....	.....	.....	.....								
Romford Market .....	1148	.....	2348	.....	0016	.....	.....	.....	.....	.....								
<b>Romford Station</b> ⚡ .....	1150	.....	2350	.....	0018	.....	.....	.....	.....	.....								
											A—Time at Ilford Town Hall.							
											G—Garage journey to or from Upton Park Boleyn.							
											U—Garage journey to Upton Park Redcliffe Road.							
											†—Time at Chadwell Heath Wangey Road.							
											‡Time at Romford St. Edward's School.							
											§—Time at Bow Church.							

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